

Heart Power

Play Every Day for a Healthy Heart

Name: _____

1. List three activities that increase your heart rate or pulse.

2. Which one of these will make your pulse increase the least?

3. Which one of these will make your pulse increase the most?

4. List your observations and the reasons for the differences you noticed between you and your classmate's heart rates.

5. Write down the name and draw a picture of a physical activity you can do today to keep your heart healthy.

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Eat Smart Be Smart